

# 5 Easy Healthy Resolutions for the NEW YEAR

## 1 Buy A Pedometer

•**Investment:**

\$12 buys a high quality pedometer.

•**What it does** - monitors your physical activity throughout the day and helps manage body weight.

•**Use** - Wear it daily on your waistband to count the number of steps you take each day.

•**Benefit** - Increase the calories you burn off daily by gradually increasing the number of steps taken.

•**Advantage** - Great for people who don't have the time, desire, or ability to exercise on a daily basis.

•**Note** - A high quality pedometer has a cover to prevent accidental resets and a replaceable battery.

•**Note** - Sources for high quality pedometers include:

•[Accusplit.com](http://Accusplit.com)

•[Digiwalker.com](http://Digiwalker.com)

•[Walk4life.com](http://Walk4life.com)

•**NOTE:** It must remain upright on your waist. Try wearing it on the back of your waistband if it will not stay upright on the front of your waistband.

## 2 Reduce Time Spent Watching TV or Other Sedentary Activities

•**Add up** the number of hours you and your family spend on sedentary activities.

•**Set** a reasonable goal to reduce the total number of hours.

•**Suggestions:**

- Take a walk after dinner
- Push a stroller for 30 minutes
- Play tag with your kids
- Go dancing
- Play basketball
- Wash windows and floors
- Do indoor exercises
- Rake leaves for 30min
- Pull the weeds in your garden



•**NOTE:** Abrams Gym has a 24-hour outdoor fenced track and volleyball courts

## 3 Jump Start Your Metabolism

•Eat a quick breakfast which includes a piece of fruit with your cereal or toast in the morning.

•Eat a lunch that includes a side-salad and fruit. French Fries aren't a vegetable!

•Eat a healthy afternoon snack. It prevents binging when you get home in the late afternoon and evenings and keeps your energy up to get through the day.

## 4 Decrease Fast Food, But When You Do Choose It.....

•Don't 'Super/King-size.'

•King/Super-size fries = ~600 calories (kcal).

•Small size = ~ 230.

•Savings - 370 kcal!

•Drink a calorie free beverage.

•One large soda = ~430 kcal.

•A 20-oz soda/sweet tea/juice/fruit drinks, etc. or a 1-quart bottle of sports drinks = ~250 kcal.

•Drink a zero-kcal beverage instead and save 250 - 430 kcal!

•Buy a side salad with your meal (yes, really)

•The crunchy texture and low-kcal volume will increase your sense of fullness and satisfaction.

•Choose a low-kcal dressing or decrease the amount of regular dressing.



## 5 Learn To Read A Food Label

•Look at the calories on the label.....AND multiply by the number of servings per container to find the total calories per package.

**If you're not over weight, take action to prevent it.**

